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## UNITED STATES DEPARTMENT OF AGRICULTURE PRODUCTION AND MARKETING ADMINISTRATION BRANCH THEODOMARION SERVICES

INFORMATION SERVICE 150 Broadway New York 7, New York JUL 21 1947

## YOUR FAMILY'S FOOD

For the week of May 26,1947

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New Food Casing 1--15

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1.	ANNOUNCER:	YOUR FAMILY'S FOOD a program designed to
		keep you informed on factors affecting your
		daily food supply, and brought to you by
		Station, in cooperation with the
		United States Department of Agriculture. Our
		guest today is of the
		office of the Production and Marketing
		Administration. What's new,?
2.	PMA:	Well, if you want something new,,
		I've got one. There's a new kind of sausage
		casing that is right out of the laboratory at
		Albany, California.
3.	ANNOUNCER:	A new kind of sausage casingwhat's wrong
		with the kind they are using now?
4.	PMA:	Nothing, as far as I know, but this new type

of casing seems to have a lot of possibilities.

casing, it can be used for encasing almost any kind of meat and even fruits and vegetables.

As a matter of fact, it isn't just a sausage

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- 5. ANNOUNCER: What is it made from?
- 6. PMA: From the wastes of fruits and vegetables. It can be made out of citrus peel or apple pomace.
- 7. ANNOUNCER: And you say this was developed at a laboratory in Albany, California. Is that one of the Department of Agriculture's regional research laboratories?
- 8. BMA: That's right. Dr. Louis Howard of the Bureau of Agricultural and Industrial Chemistry told a meeting of food industry men about it not long ago. He said it was a simple method and very easy to control.
- 9. ANNOUNCER: How does it work?
- 10. PMA: It seems they just dip the sausage or meat in the solution at about 158 degrees Fahrenheit for about 3 seconds. The coating jells when it is cooled to 104 degrees. It dries in a current of warm air into a strong protective film.

  Then the products can be stored just like any other encased foods.
- 11. ANNOUNCER: And does the casing dissolve when the foods are cooked?

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12. PMA:

It dissolves when the food is boiled. If the meat is fried or roasted, you can just eat the coating, since it is tender and edible. Dr. Howard told the meeting this new product is definitely promising as a coating material for a number of foods, including fruits and vegetables. The films really have many potential uses, and may easily be made on a commercial scale.

- 13. ANNOUNCER: I take it then that it's not yet on the market.
- 14. PMA: Not that I know of.
- 15. ANNOUNCER: Well, I guess that just about completes the

  Department of New Discoveries. What else is on
  the bill of fare today, \_\_\_\_\_\_?
- 16. PMA: You know, \_\_\_\_\_\_, you wouldnt think it would be necessary to caution people against waste of food these days when your grocery bill is higher than it has been in over 25 years, would you?
- 17. ANNOUNCER: I wouldn't think so. As a matter of fact, the garbage pail is not nearly as well fed as it was before the war, is it?

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18: PMA:

No, I don't think the garbage pail is robbing our tables now like it used to...wartime food conditions and higher prices have seen to that.

But there's another kind of waste...a more subtle kind...that is taking food righout out of our kitchens and pantries all the time.

- 19. ANNOUNCER: Any suggestions for making the grocery meney go a little farther will be greatly appreciated.
- 20. PMA: What I am talking about is waste of nutritive values..particularly certain vitamins...through storing improperly or letting foods stand too long.
- 21. ANNOUNCER: I'll bet that elusive little fellow...vitamin C
  ...is one of the biggest offenders. It seems
  that vitamin C is about the slipperiest of all
  the food values.
- 22. PMA: As a matter of fact you're quite right. Vitamin
  C is one of the most important nutrients and
  one of the most difficult to capture and keep.
- 23. ANNOUNCER: Sounds like a job for Frank Buck...Bring Em Back Alive.
- Vitamin C, you know, is one of the vitamins we look for in green vegetables...like peas, broccoli, cauliflower, lettuce, spinach, endive, and kale. The scientists at the Minnesota experiment station found that these greens lose their vitamin C rapidly when they are kept in an open bin in the kitchen, or in a store. They even lost a lot of the vitamin just lying on the kitchen table waiting to be cooked.

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25. ANNOUNCER: Well, what's the remedy? Refrigeration?

26. PMA: Refrigeration slows down the vitamin loss quite a bit.

27. ANNOUNCER: Since the vitamins are one of the main things we are paying for when we buy fresh vegetables, a little precaution to retain the food values ought to be worth while. Maybe they ought to print on each cauliflower or each leaf of lettuce "please keep in the refrigerator".

People usually follow instructions on the label.

28. PMA: That might actually happen some day. More and more fresh produce is being sold pre-packaged these days...wrapped in paper or cellophane right where it is harvested and shipped.

29. ANNOUNCER: What about some of the other food values in fresh vegetables. Did these Minnesota nutritionists find out that vitamin A was also lost by improper storage, for example?

O, and it doesn't dissappear as rapidly. But if green vegetables are kept too long they do lose Vitamin A gradually. They found that lettuce kept too long, even in the refrigerator, showed a big drop in vitamin A value.

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31.	ANNOUNCER:	Does that have anything to do with wilting?
32.	PMA:	Well, the loss of vitamin A is in direct
		proportion to the amount of wilting, Now,
		, we've been talking about raw
		vegetablesbut cooked vegetables also lose
		food values as they stand. The Minnesota
		studies show that the longer a left-over food
		is kept in the refrigerator, the more vitamin
		C it loses.
33.	ANNOUNCER:	Does covering stored foods help any?
34.	PMA:	Yes, according to the nutritionists, covered
		foods stored in the refrigerator lose less
		than those left uncovered.
35.	ANNOUNCER:	I think I know one of the solutions to this
		food waste problem.
36.	PMA:	What's your suggestion,?
37.	ANNOUNCER:	I'd say it is more thrifty to have nothing
		left over.
38.	PMA:	A very good suggestion. And another thrifty
		practice is for homemakers to take advantage
		of the foods that are in plentiful supply.
39.	ANNOUNCER:	Now you wouldn't be leading into the plentiful
		lists, would you.

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- 40. PMA: I most certainly am. However, I'm thinking of the foods that are expected to be abundant during June.
- 41. ANNOUNCER: Let me see what kind of a memory I have. If I recall this month's plentifuls included potatoes --- prunes, oranges, and grapefruit.

  Right?
- 42. PMA: One hundred percent as a matter of fact, those items you just mentioned.......potatoes, fresh citrus fruits and prunes, all answer "here" on the list of plentiful foods for June, also. In addition, there will be sauerkraut --- both in bulk and canned, dried peaches, peanut butter, and cottage cheese.
- 43. ANNOUNCER: That's quite a line-up...looks like we'll have good variety for those June brides when they try their skill in the kitchen.
- 44. PMA: Canned goods have an important place on the June list, too...another tip for June brides.
- 45. ANNOUNCER: What kind of canned goods, \_\_\_\_\_?
- You may recall that for the last couple of months, canned citrus juices have been plentiful, as well as grapefruit segments. This month we've been enjoying large quantities of canned peas and canned tomato juice. The new-comers are canned beets, and carrots.

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47. ANNOUNCER:

Tell me more about these canned goods. Why is there an abundance of canned beets and carrots right at the start of the vegetable season?

48. PMA:

Well, it's like this. During the war the packs of canned beets and carrots were more than double the pre-war average. This was necessary to take care of military needs. The last season's packs of these items, particularly beets, were reduced and prices have declined since the pack started last fall. Nevertheless ...movement into retail channels has been less than the canners expected.

49. ANNOUNCER:

And, I suppose, as a result they have a larger carryover of canned beets and carrots than they expected. Is that it?

50. PMA:

Right. The fact that canned beets and carrots are in abundance should be good news to home-makers. The price is fairly reasonable, every cook knows how easy it is to prepare them, and most everybody likes them.

51. ANNOUNCER:

And to all those hopeful and potential June brides out there listening that means that as long as they have a can opener and a saucepan hubby won't starve.

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- 52. PMA: We don't want to forget the fresh foods, / By June there'll be all kinds of spring and summer vegetables on the market...both shipped and hearby.
- 54. PMA: And for those who are not quite so ingenious...

  or who have run out of ideas...the Department

  of Agriculture has a little help. We've put

  together a short collection of simple recipes

  built around the June plentifuls.
- 55. ANNOUNCER: Say, that would be worth having. How do you go about getting a copy?
- 56. PMA: I could leave some copies with you, and then listeners could write into the station for them.
- 57. ANNOUNCER: Did you hear that, folks? They're free, I suppose?
- 58. PMA: Absolutely.
- 59. ANNOUNCER: And what do you call this collection of recipes,
- 60. PMA: The title is self-explanatory --- Recipes of the Month.
- 61. ANNOUNCER: Could you give us an idea of what kind of dishes are anggested?

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There's a sauerkraut and tomato juice cocktail, stuffed prune salad, a mock borsch, carrot scallop, sauerkraut salad, a peanut butter pudding...

63. ANNOUNCER: Hold on. My mouth's beginning to water already.

Folks, if you would like to have the Department of Agriculture's recipes for these fine-sounding dishes, why don't you drop us a penny post card to Station \_\_\_\_\_\_\_. Just ask for Recipes of the Month. Our address is Station \_\_\_\_\_\_\_,

And be sure to include your name (address) and addresses. And now, \_\_\_\_\_\_\_, what does the current week have to store for us?

- 64. PMA: The big news this week is that all northeastern markets boast large supplies of asparagus.
- 65. ANN: Now I know spring is really here. Asparagus is one of my favorite vegetables, but there's only one thing wrong with it.
- 66. PMA: What's that?
- 67. ANN: Its season is much too short to suit me.
- I guesa that is a dniversal complaint. You just have to enjoy it while you can...and that time is right now.
- 69: ANN: Well, I don't need any coaxing on tht score.

  Incidentally, how is the price?

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70. PMA: The w holesale price is lower now than it's been for a long time. Not since before the war has asparagus sold for so little.

71. ANN: How did this come a bout, \_\_\_\_?

72. PMA: In the first place the 1947 asparagus crop is of record size. It's about a third above average.

Second, bad weather delayed early cuttings.

When the warm weather came along, the asparagus grew fast. I might add that yields this year are of very good quality.

73. ANN: I'd say asparagus presents consumers with one of those rare situations these days -- a good quality vegetable at low prices.

74. PMA: You're right. And folks should certainly take advantage of these favorable circumstances.

75. ANN: Of course, really to take full advantage of asparagus, I'd say some folks should learn to cook it properly. There's nothing quite so disappointing as tasteless, drab, limp stalks of asparagus.

76. PMA: I guess you have no quarrel there. The nutritionists of the U.S. Department of Agriculture have
a few tips which folks might like to have on
cooking asparagus properly.

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77. ANN: It's too bad we don't have one of those ladies with us now.

78. PMA: Yes, it is. However, I have the next best thing
-- a few notes on the subject that I could pass
along.

79. ANN: Good idea.

PMA: First, the stalks have to be prepared for cooking.

According to my notes, you cut off the tough

ends, remove the scales along the stalk that hold

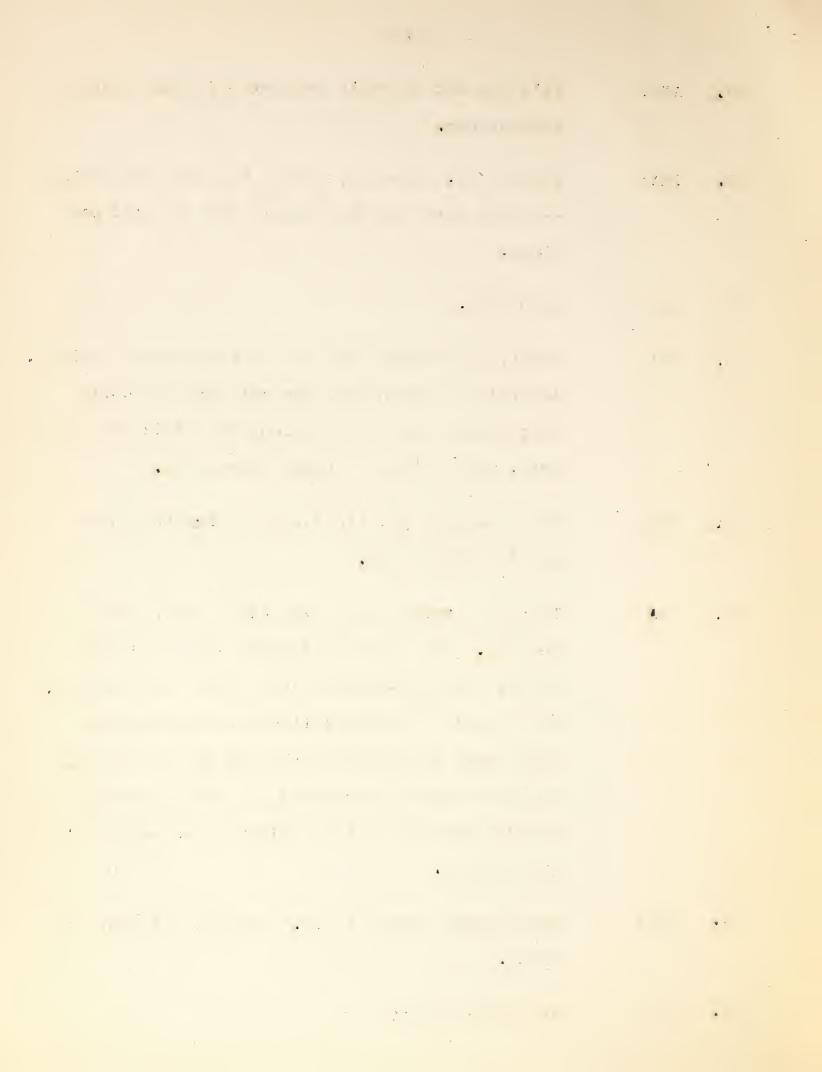
grit, and wash the stalks thoroughly.

81. ANN: Now I suppose you tie 'em up in bunches, and pop 'em into a pot.

PMA: There's a trick to how you place asparagus in the pan. The food specialists say the stalks should stand up-right in the kettle or saucepan. You see, the boiling salted water should only come about one-third of the way up the stalks. The pot s hould be covered, and the asparagus should cook for 10 to 25 minutes, or until it's just tender.

83. ANN: That sounds simple to me. That is, all but one thing.

84. PMA: And what's that?



- 85. ANN: How are you supposed to put a cover on a saucepan when the tips stand out of the water?
- 86. PMA: There are such things as asparagus cookers. But if you don't have one, the food specialists suggest making a tall cover by inverting one pan over the top of the pan the asparagus is in.
- 87. ANN: Say, that's all right.
- 88. PMA: I also have a few notes left over. You don't want me to waste them, do you?
- 89. ANN: Not if they're worth-while,
- 90. PMA: Well, the nutritionists also suggest that folks broaden their asparagus horizons. Instead of always serving stewed asparagus stalks, why not try asparagus salads, soups, and even omelets?
- 91. ANN: A most worth-while suggestion. Got any more?
- 92. PMA: Well, getting back to those plentifuls for this week, I'd like to suggest that folks take advantage of some of the other abundant items on the market.
- 93. ANN: We've devoted so much time to asparagus, I'd almost forgotten there were other plentifuls around.

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94. PMA:

Oh, yes, indeed. Carrots are keepingpace with asparagus throughout the Northeast. On some markets they've shown a tendency to decline in price as heavy supplies arrived. Snap beans are in heavy supply, as are spinach, onions, rhubarb, tomatoes, radishes, and oranges and grapefruit.

95. ANN:

Where are we getting most of our supplies from these days?

96. PMA:

It depends on the crop. New spinach, for instance, is coming from marby areas now. Tomatoes are travelling up from Florida and Texas. Snap beans are coming mainly from South Carolina.

97. ANN:

I wish we could travel around the country with those vegetables a bit more, but I see that our time is up. Thanks for the timely food tips,

Our guest today was \_\_\_\_\_\_ of the \_\_\_\_\_ office of the Production and Marketing Administration. Be with us again next \_\_\_\_\_ (day) for another edition of YOUR FAMILY'S FOOD.

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